

Yada Yada: October 2010



TYPE 1
diabetes
network

Support, Information and a Voice for the Type 1 Community

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Greetings!

Welcome and happy Halloween!



This month we introduce you to a new and exciting community awareness and fundraising opportunity called the Global Diabetes Handprint project; catch up on the latest from the Brisbane insulin pump workshops; find out what exactly the HbA1c test is all about and hopefully have a bit of a laugh along the way.

Give us a hand by adding yours to Global Diabetes Handprint

Getting involved is simple - just **write a word** on your hand that best describes what diabetes means to you, and then share it with Australia by taking a photo and uploading it onto the [Global Diabetes Handprint website](#).



For each hand shared, Johnson & Johnson Medical will commit **\$5** to the [Type 1 Diabetes Network](#) and Diabetes Counselling Online.

The target is 10,000 hands - that's **\$50,000!** Imagine what we could do with that!

Anyone can do it - people with diabetes, our friends, our families and healthcare teams. You can even design a hand on the website directly, if that's easier!

Once uploaded, your hand will be added to a community mosaic, comprising handprints put forward by others who have been touched by diabetes.



[Global Diabetes Handprint](#) is brought to you by ONETOUCH VERIO® and supported by Johnson & Johnson Medical, and, like the Type 1 Diabetes Network, brings together people touched by diabetes to **share** what diabetes means to them.

It's a unique way to leave your own mark and raise awareness of diabetes, AND raise **much needed funds** for the T1DN.

Here are some hands you may know:



Kate Gilbert, founder and president of the Type 1 Diabetes Network, chose "Reality Check".

Kate said, "Doctors and nurses often ask me how we came to call our popular online community, '**Reality Check**'. People with Type 1 diabetes don't ask - they seem to just get it immediately! When we started more than 12 years ago, I felt that it was

time for the real experience of living with diabetes to be better **understood** AND for people with Type 1 to have a chance to connect and share our experiences. We wanted it to be ok to get together and discuss the reality of life with Type 1.

Someone once told me that, for them, Reality Check resonated because getting Type 1 as an adult was a huge reality check, made him re-assess his life in many ways. Everyone's story is different..."

[Watch Kate's video](#)

Tony Bernauer, our web manager extraordinaire, chose as his word 'More'. Tony explained:

"More complications.
More support.
More easy."

"I was thinking along the lines that I'm getting more complications, getting more support and it's more easy with advances in tools like blood glucose meters, insulins, etc."

"BUT I was also thinking. More complication in management, I want more support from Diabetes Australia and I want things to be more easy, not harder."

[Watch Tony's video](#)





Colleen Clarke, administration wizz of the T1DN, chose the word 'Tired' because she said she was:

"**Tired** of having it, **tired** of managing it and **tired** of it taking up brain space that could be better used on other things!"

Give us a hand, by adding yours!

Global Diabetes Handprint

Inspired by Manny Hernandez's Word in Your Hand™ Project on TuDiabetes.org the Global Diabetes Handprint is bringing greater diabetes awareness to the world - and giving back in the process.

Get the low-down on HbA1c

This **brand new article** has been written by one of our T1DN experts in response to many of you asking us about the HbA1c.

It may seem complicated, but getting a grip on HbA1c doesn't have to be hard. Whether you have a basic understanding or no idea at all, this article answers all those **questions** about HbA1c that you were too scared to ask, or just could not find the answers to, including:

- **What** is HbA1c?
- How it is tested
- What do HbA1c tests measure?
- What affects its accuracy
- Is HbA1c an average of your glucose levels?
- What your **HbA1c levels** should be
- Why is testing HbA1c levels important?

Make sure you get the low-down on THE blood test and [read about the HbA1c here](#).

*******Sponsored Announcement*******

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References: 1. Evaluation of the Accu-Chek Performa, Medisense Optium® and Medisense Optium® Point of care blood glucose meters against a laboratory comparative method. I. Kitchener, G. Frostas, Australasian Association of Clinical Biochemists ASC, Sept 2008; (P28). 2. Evaluation Report: Accu-Chek Performa System. Data on file. 3. Lovrencic, M.V., et al. Extended Study Report on Accu-Chek Performa Self-Monitoring Blood Glucose System, 2008. Data on file. CHW R0000860

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Pumped about pumping!

The recent Insulin Pump Workshops held in Brisbane last weekend were a runaway **success**! Over 60 people attended the introductory workshop and 50 people the advanced workshop.

With a number of fabulous speakers, a yummy afternoon tea and some popular displays, an informative and enjoyable day was had by all.

Janet Taylor, a Clinical Diabetes Educator and pump expert, gave a great **overview** of pumps for non-pumpers looking at benefits and drawbacks with the take-home message: "Consider insulin pump commencement as a process and not an event."



Susan Greenbank, the workshops' tireless organiser, spoke about her **experiences** as a pumper, particularly focusing on different types of exercise and the pros and cons of pumping.

Elissa Renouf reflected on her family where husband Steve and four of their five children have Type 1. This was really **inspirational** and encouraging to hear.

Associate Professor Darrell Price presented the ten commandments of pump therapy, emphasising that if we get the **basics** right, good control will follow.



The Professor also presented the concept of "**airport carousel hypoglycaemia**" which resonated with many people in the audience. In a nutshell the air pressure in the cabin of a plane causes a small spurt of insulin on take-off (0.9-1.2U) which leads to a hypo at the baggage carousel on a short flight, approx 1.5-2 hours later. The recommendation was to disconnect for 15 minutes during take-off until the plane is

cruising and prime the line once you have landed as it's likely the **air pressure** will have had the reverse effect and the pump line may have an air bubble where there is no insulin.

Steve Renouf also presented on his journey with diabetes, exercise and pumping. Like his wife's story, this was once again an inspirational story.

Congratulations Susan on a successful and extremely informative couple of workshops!

Good news for Type 1 pilots!

A new Australian safety protocol will, for the first time, allow insulin-dependent pilots with Type 1 diabetes to fly unassisted.



Whether pilots with insulin-dependent diabetes should be allowed to fly has long been a **controversial** issue, with the risk of hypo-ing during a flight being the main concern.

The new protocol, released by the Civil Aviation Safety Authority (CASA), is based on a US model and gives Type 1 pilots the freedom to fly solo provided they meet several additional measures.

For entry into the protocol, pilots must first have:

- HbA1c between 6.5 and 8.0
- Blood glucose analysis (over a three month period immediately prior to the time of application) indicating:
 - No more than 5% of readings below 4.0 mmol/L
 - 80% of readings between 5 and 15 mmol/L

Other factors, such as documented hypoglycemic unawareness may also influence entry.

After entry to the protocol, Type 1 pilots will be allowed to fly noncommercial flights during the day, when assisted by a safety pilot.

After 15 monitored flights, pilots can qualify for unassisted flights after CASA reviews the in-flight data.

[Full details of the protocol and its requirements](#)

[Read about the protocol in the The Medical Journal of Australia](#)

[Comment on the new protocol on our Reality Check Online Forum](#)

Why can't I wear my insulin pump while in hospital?

Good question! Although quite adept at using our insulin pumps to regulate blood glucose levels, many Type 1s are forced to disconnect and **"hand over"** their pumps while in hospital.



This practice, usually counter-productive and detrimental to diabetes treatment, is unfortunately still very common due to state health and individual hospital policy.

However, **ACT Health** has recently been working with the T1DN and local Diabetes Interest Group (DIG) to develop a policy enabling people to wear their insulin pumps while in hospital.

Once finalised and implemented by ACT Health, such a policy could potentially be modelled by hospitals around Australia.

Great work ACT Health for moving in the right direction to address one of the ten most urgent issues affecting Australians with Type 1 diabetes!

To read more about issues affecting Australians with Type 1, see the [Statement of Issues](#).

Canberra DIG [Facebook group](#).

"I'm sure that @\$@ lancet just went through my finger!"

While researching "funnies" earlier this week I came across a hilarious blog about the inadequacy of hospital **pain scales**, and I suddenly realised that as Type 1s we have to deal with different levels of pain every day!

For example, my blood glucose level **finger pricking** experiences seem to range from "Oh, did that really go in?" to "The @\$@ lancet has gone right through my @\$@# finger to the @\$@ side!"



So though not directly related to D, I thought this story from [Hyperbole and a Half](#) (which, by the way, made my tummy hurt from laughing so hard) may also appeal to some of you...

"The doctor wanted to make sure that Boyfriend didn't have SARS or stomach AIDS or something, so he had to poke him a lot. While he was doing this to Boyfriend, he pointed to a little reference chart on the wall and asked Boyfriend to **rate his pain**:



You've probably seen some version of that chart before. You may also have noticed how inadequate it is at helping you. Based on the faces, this is **my interpretation** of the chart:

- 0: Haha! I'm not wearing any pants!
- 2: *Awesome!* Someone just offered me a free hot dog!
- 4: Huh. I never knew that about giraffes..."

[Continue reading at Hyperbole and a Half](#)

*****Sponsored Announcement*****



"These new strips with ZipWik tabs are ace! They really draw up blood fast, just touch the strip and beep, you're done." Rob Palmer | TV Presenter | Living with Type 1 diabetes

Ask your local Pharmacy or Diabetes Australia about the new FreeStyle Lite Blood Glucose Test Strips featuring the innovative ZipWik tabs today.

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For more information visit www.abbottdiabetescare.com.au

INIT II: Type 1 Diabetes Prevention Trial

Relatives of someone with Type 1 diabetes may have an **increased risk** of the disease, which can be assessed by a simple blood test.

If relatives are at high risk, they have the opportunity to participate in a prevention trial of a nasal insulin vaccine (INIT II).

The INIT II trial is now up and running and is currently approaching halfway with over 6,000 participants screened. But to complete the trial they need many more - up to 12,000 people!

Encourage relatives to help the research to prevent and eventually cure Type 1 diabetes by having the blood test for free.

Visit the [INIT II website](#) for more information or call 1300 138 712.

Want to catch up with some other Type 1-ers?

These informal meets are the perfect way to meet others in your area who have Type 1. Organised by everyday people, these unofficial get-togethers are fun, relaxed and totally awesome, as you get to talk to people who really do understand!

Gold Coast

When: Wednesday 3 November

Where: The Energy Centre, Harmony Broadwater, 28 Bayview St, Runaway Bay

Time 7.00 - 8.30pm

Details: Jack Perkins, a T1 racing driver, will be speaking at the meeting

[Further information](#)

Canberra - Type 1 Diabetes Interest Group (DIG)

When: Tuesday 30 November

Where: Hellenic Club in Woden

Time: 6:30 - 8:30pm

[Further information](#) or join their [Facebook group](#).

Wollongong

When: Thursday 18th November

Where: Oak Flats Bowling Club, David Ave

Time: 7pm

[Further information](#)

[Organise a meet](#) in your area.

Quick shots

Hot topics on the Reality Check online forum include:

- [What level do you feel best at?](#)
- [Donating leftover insulin](#)
- [People with diabetes can't drink coffee?!](#)
- [Running marathons with D](#)
- [Public displays of diabetes](#)
- [Is hallucinating while hypo normal?](#)
- [When D control becomes a little addictive](#)
- [Threats and bullying in Type 1 care](#)

On Munted Pancreas, Parents of Kids with D are discussing:

- [Help! Newly diagnosed 2-year-old](#)
- [Glucagon - have you had to use it?](#)
- [Employment and D - do you tell?](#)
- [Quitting work to care for T1 child](#)
- [Very strange 'Walk for Cure' phone call](#)

Hope you enjoyed this edition of Yada Yada. As usual, if you have any suggestions, just hit reply to this email.

Oooh, and make sure you "[give us a hand by giving yours](#)"!

All the best,

Simone

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